

Physical Signs of Inhalant Abuse

- ✗ disorientation
- ✗ dazed appearance
- ✗ paint or chemical stains on face or hands
- ✗ chemical odor on breath
- ✗ chemical odor on clothing
- ✗ red, pimply rash around nose/mouth
- ✗ slurred speech
- ✗ coordination difficulties
- ✗ increase in quantity and intensity of headaches
- ✗ excitability
- ✗ increased isolation from others
- ✗ increased defensiveness
- ✗ attitude more favorable toward inhalant use
- ✗ peer group changes

**Using Inhalants,
even one time,
can kill you.**



Printed in whole or part with funds received from Region V Systems, the United Way of Lincoln/Lancaster County, and private donations. For more information about alcohol, tobacco and other drug issues, please contact:

**Lincoln Council on
Alcoholism & Drugs
914 L Street
Lincoln, NE 68508
(402) 475-2694 (T-TDD)
Fax: (402) 475-2699
Email: prevention@lcad.org
www.lcad.org**

Inhalants: Danger Right Under Your Nose



What everyone should know
about the availability,
dangers and symptoms of
inhalant use.



A Quick Science Lesson.....

Oxygen or O_2 is necessary to maintain life. O_2 has a vital role as a fuel for the human body. Inhaling gases other than O_2 deprives your brain of O_2 and results in damage to cells in the brain and other organs.

Why Are Inhalants Abused?

Availability-

Availability leads the list of reasons for selecting and using inhalants. Toxic products are everywhere at home, school, stores, etc.

Legal

While abuse of inhalable chemicals is against the law, the products themselves are easy to obtain because they are sold legally. Most merchants are unaware of the potential for abuse of chemicals and poisons and do not question quantity sales or restrict access to products.

Low Cost

Inhalable products are quite inexpensive. Most kids don't even buy the products they abuse. They simply find them at home, parents' work places or at school.

Fast Acting

Inhalants effects are felt **IMMEDIATELY**. Inhalants appeal to younger children--no waiting and instant gratification.

Short Acting

Effects are short lasting--typically for only 60 seconds to 5 minutes. Users may not realize the danger in using inhalants because the effects are so brief. For this reason, abuse often occurs more frequently than with other drugs.

Social Activity

Kids learn to use from other kids--it becomes a social activity and is viewed as a cheap form of entertainment. Inhalant abuse can spread rapidly and become a community-wide problem. After initial group use some youngsters frequency of use may continue on their own.

Hard To Detect

The use of inhalant chemicals can be hard to identify. Drug-sniffing dogs, standard urine screen and standard blood tests may not detect the inhalant chemicals. Special blood-gas tests can be run, but must be administered within a few hours of inhalation. This testing can be quite expensive.

Easy To Conceal

Many abusable products can be carried and hidden very easily.



Unrecognizable Hazards

Some children use inhalants believing it's a safer alternative to drugs because their friends are doing it. Neurotoxicity and brain damage are difficult processes for kids to understand. Inhalant deaths are rarely recognized or publicized, so kids don't know the fatal consequences.

Paraphernalia

Inhalant abuse generally does not include paraphernalia such as needles or pipes. Inhaling utilizes plastic bags, rags, bandanas and clothing all of which are readily available to kids and unrecognized by adults as inhalant paraphernalia.